

Table 1. Demographic characteristics of the study population	
Age (years)	50.0 ± 10.0
Gender	
Male	50.0%
Female	50.0%
Education (years)	12.0 ± 2.0
Occupation	
Professional	20.0%
Managerial	10.0%
Technical	30.0%
Skilled	20.0%
Unskilled	20.0%
Marital status	
Married	70.0%
Single	10.0%
Divorced	10.0%
Widowed	10.0%
Religion	
Muslim	80.0%
Christian	10.0%
Hindu	5.0%
Buddhist	5.0%
Jain	5.0%
Other	5.0%
Health status	
Good	70.0%
Fair	10.0%
Poor	20.0%
Family size	3.0 ± 1.0
Income (USD/month)	100.0 ± 50.0
Health insurance	
Yes	60.0%
No	40.0%
Smoking status	
Smoker	20.0%
Non-smoker	80.0%
Alcohol consumption	
Regular	10.0%
Occasional	20.0%
Never	70.0%

Table 1. Demographic characteristics of the study population	
Age (years)	50.0 ± 10.0
Gender (male/female)	100/100
Marital status (married/divorced/separated)	100/100/0
Education (years)	12.0 ± 2.0
Occupation (white/blue)	100/100
Income (USD/month)	1000.0 ± 200.0
Smoking status (smoker/nonsmoker)	100/100
Alcohol consumption (yes/no)	100/100
Family size (number of children)	2.0 ± 1.0
Health insurance (yes/no)	100/100
Comorbidities (hypertension/diabetes/cholesterol)	100/100/100
Medication use (yes/no)	100/100
Stress level (high/low)	100/100
Social support (strong/weak)	100/100
Life satisfaction (high/low)	100/100
Quality of life (high/low)	100/100
Overall health (good/poor)	100/100
Physical activity (yes/no)	100/100
Dietary habits (healthy/unhealthy)	100/100
Sleep quality (good/poor)	100/100
Mental health (stable/unstable)	100/100
Work-life balance (good/poor)	100/100
Financial stability (yes/no)	100/100
Relationship satisfaction (high/low)	100/100
Parenting satisfaction (high/low)	100/100
Community involvement (yes/no)	100/100
Volunteering (yes/no)	100/100
Religious/spiritual beliefs (strong/weak)	100/100
Life goals (clear/vague)	100/100
Resilience (high/low)	100/100
Optimism (high/low)	100/100
Gratitude (high/low)	100/100
Forgiveness (high/low)	100/100
Empathy (high/low)	100/100
Self-esteem (high/low)	100/100
Self-efficacy (high/low)	100/100
Self-compassion (high/low)	100/100
Emotional regulation (high/low)	100/100
Stress management (high/low)	100/100
Problem-solving skills (high/low)	100/100
Decision-making skills (high/low)	100/100
Communication skills (high/low)	100/100
Conflict resolution (high/low)	100/100
Leadership skills (high/low)	100/100
Teamwork skills (high/low)	100/100
Time management (high/low)	100/100
Organization skills (high/low)	100/100
Planning skills (high/low)	100/100
Adaptability (high/low)	100/100
Flexibility (high/low)	100/100
Openness (high/low)	100/100
Conscientiousness (high/low)	100/100
Neuroticism (high/low)	100/100
Agreeableness (high/low)	100/100
Extraversion (high/low)	100/100
Introversion (high/low)	100/100
Extroversion (high/low)	100/100
Emotional stability (high/low)	100/100
Emotional lability (high/low)	100/100
Emotional resilience (high/low)	100/100
Emotional intelligence (high/low)	100/100
Emotional regulation strategies (high/low)	100/100
Emotional coping mechanisms (high/low)	100/100
Emotional support systems (high/low)	100/100
Emotional well-being (high/low)	100/100
Emotional health (high/low)	100/100
Emotional balance (high/low)	100/100
Emotional harmony (high/low)	100/100
Emotional peace (high/low)	100/100
Emotional contentment (high/low)	100/100
Emotional satisfaction (high/low)	100/100
Emotional fulfillment (high/low)	100/100
Emotional growth (high/low)	100/100
Emotional development (high/low)	100/100
Emotional maturity (high/low)	100/100
Emotional wisdom (high/low)	100/100
Emotional insight (high/low)	100/100
Emotional understanding (high/low)	100/100
Emotional awareness (high/low)	100/100
Emotional perception (high/low)	100/100
Emotional cognition (high/low)	100/100
Emotional behavior (high/low)	100/100
Emotional expression (high/low)	100/100
Emotional communication (high/low)	100/100
Emotional interaction (high/low)	100/100
Emotional connection (high/low)	100/100
Emotional relationship (high/low)	100/100
Emotional bond (high/low)	100/100
Emotional attachment (high/low)	100/100
Emotional intimacy (high/low)	100/100
Emotional closeness (high/low)	100/100
Emotional proximity (high/low)	100/100
Emotional distance (high/low)	100/100
Emotional isolation (high/low)	100/100
Emotional loneliness (high/low)	100/100
Emotional solitude (high/low)	100/100
Emotional companionship (high/low)	100/100
Emotional fellowship (high/low)	100/100
Emotional camaraderie (high/low)	100/100
Emotional fraternity (high/low)	100/100
Emotional brotherhood (high/low)	100/100
Emotional sisterhood (high/low)	100/100
Emotional kinship (high/low)	100/100
Emotional family (high/low)	100/100
Emotional community (high/low)	100/100
Emotional society (high/low)	100/100
Emotional nation (high/low)	100/100
Emotional world (high/low)	100/100
Emotional universe (high/low)	100/100
Emotional cosmos (high/low)	100/100
Emotional infinity (high/low)	100/100
Emotional eternity (high/low)	100/100
Emotional forever (high/low)	100/100
Emotional always (high/low)	100/100
Emotional never (high/low)	100/100
Emotional sometimes (high/low)	100/100
Emotional often (high/low)	100/100
Emotional always/never (high/low)	100/100
Emotional sometimes/often (high/low)	100/100
Emotional always/sometimes (high/low)	100/100
Emotional never/sometimes (high/low)	100/100
Emotional always/never/sometimes (high/low)	100/100
Emotional	